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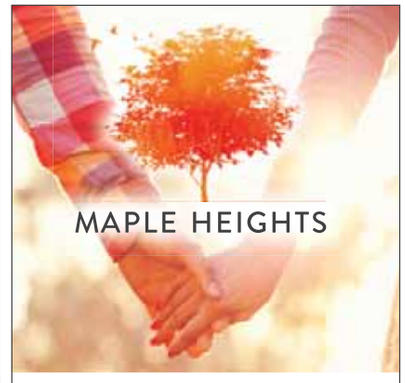
Your guide to the 87th annual Academy Awards

Oscar time

PAGES 15-17



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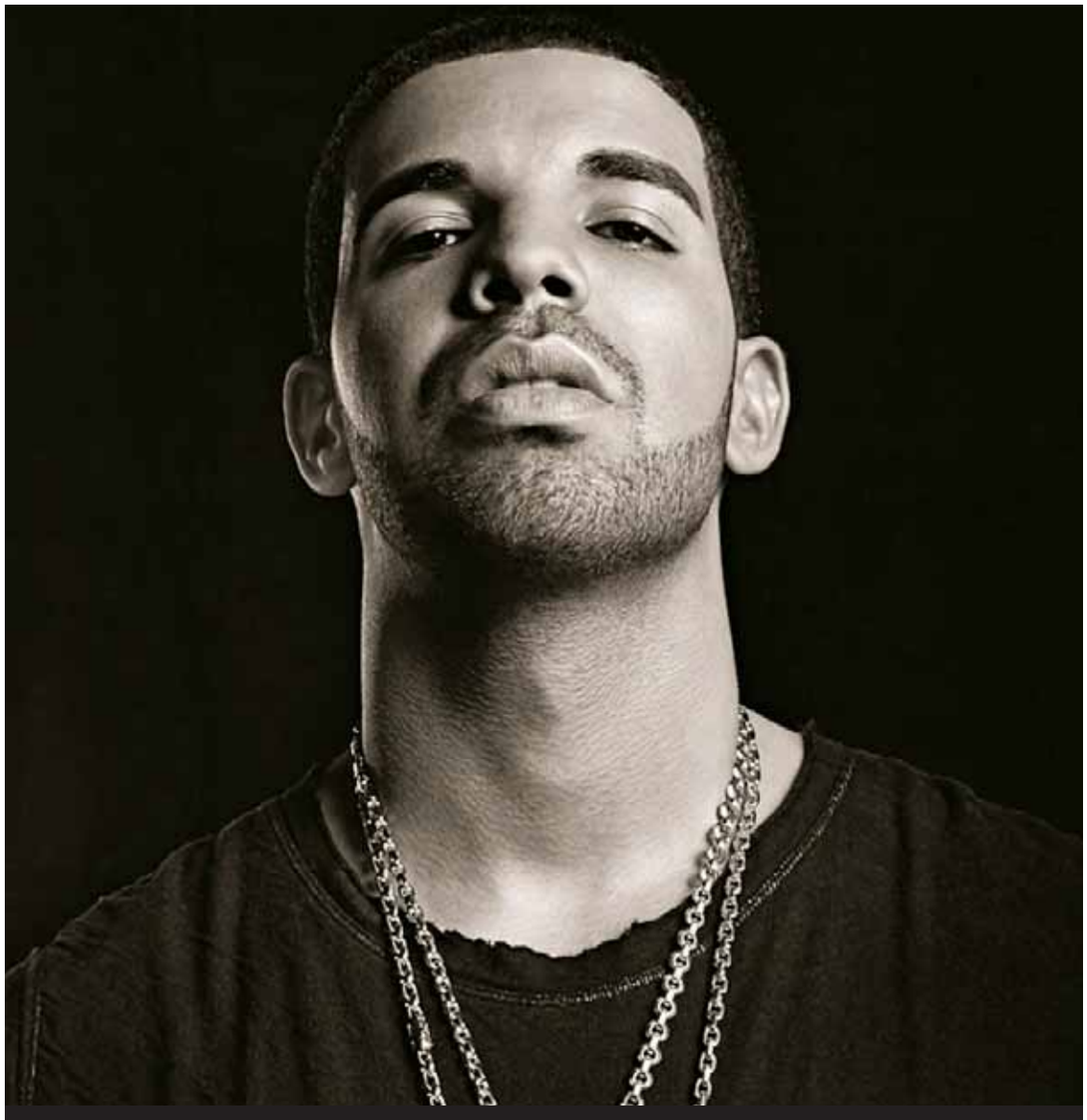

FROM THE 6 TO SQUAMISH

Canadian megastar Drake will be among the headliners at this summer's Squamish Valley Music Festival, organizers announced on Thursday. Other big names include Sam Smith and Mumford & Sons. **Story, page 6.** CONTRIBUTED

City to appeal ruling that halted tower

Yaletown. Judge said last month that officials didn't give public enough information regarding development and land-swap deal

EMILY JACKSON
emily.jackson@metronews.ca

A group of Yaletown residents may have won the first battle against the City of Vancouver over a controversial development, but the city isn't going down without a fight.

The city will appeal the B.C. Supreme Court decision that quashed a controversial development in Yaletown and put a dozen more projects at risk.

Justice Mark McEwan's January ruling found the city was "unfairly restrictive" when it withheld information before the public hearing for the Brenhill Developments project, which involved a land swap and extra density at 508 Helmcken St. in exchange for social housing at 1099 Richards St.

"We're appealing because the judgment has left very significant uncertainty about what is the scope and the appropriate range of information that should be made available during a hearing like this," city manager Penny Ballem said Thursday, adding the judgment has severe implications for all municipalities.

Nearly 100 workers were laid off after the ruling because it forced construction of the 162 social housing units to a halt, according to a memo Ballem sent to city officials. The 87 residents at the Jubilee House who were promised new housing are also "extremely distressed" by the situation, Ballem wrote.

During the appeal, Ballem said the city intends to move forward to try to secure a new development permit and zoning bylaw so Brenhill can proceed.

"We'll do our best to try to address the judge's concerns," Ballem said, admitting the city made missteps during the original process.

Jon Green, president of the Community Association of New Yaletown, is disappointed by the decision.

"I'm surprised the city would appeal since the judge really ruled the process was unfair and lacked the transparency residents deserved," Green said.

His resident-funded organization is fundraising to fight the appeal.

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Burnaby mayor rankled over premier's TransLink comments

Transit. Derek Corrigan accuses Christy Clark of 'blaming the mayors' for something they have no control over

MATT KIELTYKA
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Burnaby Mayor Derek Corrigan had harsh words for Premier Christy Clark's suggestion that TransLink is not a provincial organization. JENNIFER GAUTHIER/METRO FILE

Burnaby's mayor is accusing Premier Christy Clark of "a significant betrayal" after she suggested it's up to municipal leaders to fix TransLink.

Clark was speaking to media at a Surrey Board of Trade event Wednesday when, according to a CKNW report, she said, "If there are problems that need to be addressed in TransLink, (the mayors) can fix those problems because it's not a provincially-run organization."

A day later, Burnaby Mayor Derek Corrigan was still scratching his head.

"She's blaming the mayors over something the mayors have no control over," Corrigan said of the provincially legislated transit authority.

Corrigan is one of just three Metro Vancouver mayors opposed to the referendum on transit funding and has stayed largely on the sidelines as the discussion over the proposed 0.5 per cent regional sales tax and planned transit improvements has devolved into a debate over TransLink's governance and ability to manage money.

While he remains opposed, he sympathized with colleagues who are lobbying for a Yes vote.

"It's been a very frustrating experience for the mayors who continuously try to work with the provincial government, even after the referendum was forced on them," he said. "They don't deserve the blame."

Under its current structure, the region's mayors' power is largely restricted to rubber-stamping TransLink plans and appointing board members from a pre-screened candidate list.

New legislation introduced by Transportation Minister Todd Stone last June added additional powers and carved out a spot on the TransLink board of directors for two mayors, but it's still a far cry from the control municipal leaders had over the authority before the provincial government restructured it in 2007.

"If (Clark) really believes that the mayors own TransLink, she should revamp the legislation to allow for a board of elected officials," said NDP transportation critic George Heyman.

Heyman said the governance issue has become one of the flashpoints of the debate, but he said that shouldn't deter people from voting Yes in the spring plebiscite.

"We desperately need that funding," he said. "I don't think a No vote will get that (TransLink restructuring) result. They're two separate issues. There's no reason the two should be linked."

The region's mayors are requesting a 0.5 per cent Congestion Improvement Tax to pay for the region's share of a proposed 10-year, $7.5-billion transportation plan.

Voting via mail-in ballots begins on March 16.

Stephen Harper announces tax cuts for LNG projects in Surrey Thursday. BEN NELMS/THE CANADIAN PRESS

PM announces tax breaks for B.C. LNG industry

Prime Minister Stephen Harper announced tax breaks Thursday for British Columbia's liquefied natural gas industry, though not a single project has yet reached a final investment decision.

Harper, who made the announcement at a technical university in Surrey, said companies will receive a capital cost allowance of 30 per cent for equipment used in natural gas liquefaction and 10 per cent for buildings at a facility that liquefies natural gas.

Tax relief will be available for capital assets acquired between now and 2025.

Harper said the tax incentives will provide the right conditions for the LNG industry to compete in the global economy while spurring job growth.

"Developing our natural gas resources and encouraging LNG export growth will mean good, well-paying jobs for thousands of British Columbians, including in our aboriginal communities," Harper told students at Kwantlen Polytechnic University. "And it's diverse as jobs in construction, jobs in facilities, once they're built."

THE CANADIAN PRESS

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Murder victim in 'wrong place'

Homicide investigators say the man killed outside the Edmonds SkyTrain station in Burnaby was an innocent victim.

North Vancouver resident James Enright, 27, was stabbed in the early morning hours of Sunday shortly after arriving at the SkyTrain station's parking lot to pick someone up.

According to Integrated Homicide Investigation Team (IHIT) spokeswoman Sgt. Stephanie Ashton, a friend who was with Enright got into an altercation with someone else in the parking lot.

"(Enright) tried to help and he was killed," Ashton told Metro. "He was just there to meet somebody."

In a statement given to media earlier in the day, Ahston wrote that the victim was "in the wrong place at the wrong time."

James Enright CONTRIBUTED

Although a number of people have spoken to investigators, IHIT is renewing its call for more witnesses to contact police.

"There were a number of people in the parking lot at the time and we know there were people right there watching it happen," said Ashton.

"We'd like those people to come forward."

IHIT is asking anyone who was in the parking lot or near that SkyTrain station from 12:30 a.m. to 1 a.m. on Sunday to contact them with any information they may be able to provide. MATT KIELTYKA/METRO

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The Trump Tower is under construction on Georgia Street in between Thurlow and Bute. It is expected to open in summer 2016. JENNIFER GAUTHIER/METRO

Trump mega project gets more glitz

Development. Ritzy nightclub, restaurant and gym join in on the $360-million hotel and condominium tower

EMILY JACKSON
emily.jackson@metronews.ca

If the Trump brand wasn't enough to convince you the twisted downtown tower will be dripping in wealth, the development just landed three more big-name operators to secure its first-class status.

Award-winning restaurant group Mott 32 will run the fine dining, Las Vegas nightclub operator Drai's will control the city's first pool nightclub and an Equinox fitness club will open next door to Trump Tower, Holborn and Trump International announced Thursday.

This is the first time any of these brands will take root in Vancouver, according to a statement from Holborn president Joo Kim Tiah.

They will add to the luxury services already available at the $360-million hotel and condo tower designed by Arthur Erickson on Georgia Street between Thurlow and Bute. Residents will have access to their very own private jet and a chauffeured Rolls Royce.

When Donald Trump himself was in town to announce the project, he bragged at just how swanky it would be.

"I think it'll be one of the great buildings not only in Canada, not only in United States — anywhere in the world. It's going to be that good," Trump said at a press conference in June 2013.

Construction on the tower is expected to finish in summer 2016.

99 B-Line

Woman sought in attack on senior

Transit police have issued an arrest warrant for a 30-year-old woman after an unprovoked attack on a 67-year-old woman on the 99 B-Line last week.

Kimberly Amelia Angus failed to appear in Vancouver provincial court Wednesday to address assault charges laid after the incident on the bus near Broadway and Commercial on Feb. 10 around 1:30 p.m. EMILY JACKSON/METRO

Whistler

Coroner to look into death of snowboarder

Whistler Pemberton RCMP say the B.C. Coroners' Service has taken over the investigation into the death of a 29-year-old snowboarder on Tuesday.

The man, vacationing from Ontario, was found deceased at the bottom of an in-bounds, gladed area in the Harmony zone of Whistler Mountain. MATT KIELTYKA/METRO

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Environment

Group takes B.C. to court in bid to freeze plans for ski resort

A B.C. environmental group is set to begin court proceedings next week in a bid to block the development of a controversial ski resort.

The West Kootenay Ecosociety is challenging the government's decision to create a municipality that would support the planned Jumbo Glacier resort.

Lawyer Judah Harrison, who represents the group, says it's an affront to democracy for the province to grant self-government to a tract of land that has no residents and is slated for private development.

The government granted municipal status to Glacier Resorts in November 2012, appointing a three-member council and providing a quarter-million dollars as a budget. The legal action is another in a series of attempts by environmentalists and First Nations to prevent the resort from being constructed. THE CANADIAN PRESS

Rehabilitation

Inmates sue federal government

A pair of inmates at two prisons in British Columbia have filed a lawsuit alleging the federal correctional service has violated its legal duty by failing to provide rehabilitation programs.

Wesley Devries is incarcerated at Mission Medium Institution and Yong Long Ye is serving time at Matsqui Institution in Abbotsford, B.C.

A notice of civil claim filed in B.C. Supreme Court against the federal Attorney General says both men have been prevented from accessing rehabilitation programs, either because they do not qualify or because of long wait lists.

Correctional Service Canada is legally required to provide various programs for offenders dealing with issues such as substance abuse and violence.

The suit alleges the lack of programs also impacts inmates' ability to transfer to lower-security institutions, get temporary absences and parole. THE CANADIAN PRESS

Ideas

TED 2015 to be live streamed across Metro Vancouver

Metro Vancouverites may not be able to afford a ticket to the TED 2015 conference, but they will be able to watch it live for free at various locations across the city.

TED, an organization built to share ideas, is hosting its annual conference in Vancouver for the second year in a row, from March 16 to 20. Tickets start at $8,500 and are already sold out.

Residents can watch live streams from high-profile speakers at Science World, libraries, post-secondary institutions, and at the YWCA, according to a statement from the city. TED is also expanding its live stream to neighbouring municipalities.

Secondary schools, universities, libraries, community centres and NGOs can apply for live streaming.

Check out the speaker list at conferences.ted.com/TED2015.

EMILY JACKSON/METRO

Drake, Sam Smith, Mumford & Sons to headline Squamish fest

Music. 70 artists will perform at weekend-long summer event

GEORDON OMAND
vancouver@metronews.ca

With less than six months until show time, the Squamish Valley Music Festival has gone public with its 2015 lineup.

Canadian rap heavyweight Drake joins decorated English singer and songwriter Sam Smith and British folk rockers Mumford & Sons to headline the August festival, billed as the biggest outdoor music event in Western Canada.

In all, 70 artists are slated to grace the stages from Aug. 7 to 9, bringing an anticipated sold-out audience of 35,000 each day to the Logger Sports Grounds and Centennial Fields in Squamish.

Patricia Heintzman, mayor of the 20,000-strong host community, says the festival draws the biggest crowds of any event in the year.

"It's by far the biggest weekend in Squamish," she said.

"It brings in tens of millions directly into our local economy, which is massive."

The mayor smiled as she added she's most looking forward to Drake's performance this year.

Since its start in 2010, the festival has grown into a Canadian music fest heavyweight.

"There are a few tricks in our box this year and we're definitely looking forward to rolling those out," said executive director Paul Runnels, involved with the event since its inception.

"We're trying to showcase Squamish and the entire region as a wonderful, beautiful place," he added.

The festival is planning for increased camping, he said, along with expanded bus shuttle service on festival day and a more comprehensive cashless wristband payment system for food and merchandise sold on the event grounds.

Beyond the trio of high-profile headliners, also performing this year are Of Monsters and Men, Mother Mother, Vance Joy, Hot Chip and Joel Plaskett, to name a few.

Spectators enjoy the sunshine during the 2014 Squamish Valley Music Festival. JENNIFER GAUTHIER/METRO FILE

The person in charge of booking this year's lineup said the focus was on creating something accessible enough for general music fans but also cutting-edge enough for the ultimate music critic.

"We want to set the table for an Eminem fan to become an Arctic Monkeys fan; we want to set the table for a Gramatik fan to find out what The Roots are all about," said Erik Hoffman, a senior vice-president at events promoter Live Nation Canada.

"We felt like we did it."

Tickets go on sale Thursday, Feb. 26 at 10 a.m.

UBC researchers positive about developing bio-battery

A trio of scientists and engineers at the University of British Columbia are charging forward on a project they believe could turn the tide in the crusade against climate change.

The team wants to use the power of photosynthesis to create a biological solar panel and battery.

The focus of their efforts: bacterial proteins that specialize in converting light into cellular energy.

"They're incredibly efficient," said microbiologist Tom Beatty, the project's initiator.

"They're more efficient than man-made substances.

"What we want to do is trick the protein to move the electrons out ... and onto an electrode connected to an electrical circuit."

That electricity could in turn be stored and then used for anything from charging your phone to turning on a light.

The beauty behind the project, said Beatty, is that the energy can be stored naturally.

Also collaborating on the project are bio-engineer and organic electronics expert John Madden, as well as chemist and solar-cell specialist Curtis Berlinguette, both at UBC.

"We bring different skills to this work and each one of us has a different focus," said Beatty.

Besides using promising bacteria already present in various extreme conditions across nature, the researchers are also engineering normal bacteria to achieve their ends.

The ultimate goal: Develop the ability to both keep that chemical excitement stored and also release it on cue as electricity.

Within 18 months Beatty said the team hopes to simulate the process in the lab.

"We're not there today," said Beatty. "We have a lot of work to do."

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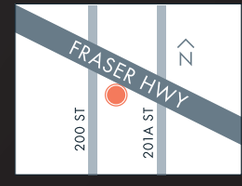

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Terror vile but necessary, says suspect on police tape

Trial. 'This is a war,' says accused in alleged Canada Day plot

As John Nuttall outlines his plan to bomb the British Columbia legislature on Canada Day, he becomes practically giddy when comparing the annual fireworks in Victoria to the explosions he intends to send ripping through the crowd gathered to celebrate the holiday.

Speaking to an undercover officer in a video played at his trial Thursday, Nuttall is considering the best way to place homemade pressure-cooker bombs on the legislature lawn in the dead of night without drawing suspicion. Perhaps, he says, he and his wife could wear hard hats and reflective vests to pose as city workers.

"Then again, what kind of workmen are working at 3 o'clock in the morning?" he asks in a video recorded on June 27, 2013, before answering his own question.

"We're preparing for the celebration," he says, breaking into an almost uncontrollable laugh. "We are making our own fireworks."

Nuttall and Amanda Korody, who each face four terrorism-related charges, were caught up in a sting that tracked them for four months in the spring of 2013. Their main contact was an RCMP officer who posed as an Arab businessman and offered to help them carry out their attack.

In the latest video played for a B.C. Supreme Court jury, Nuttall's jovial mood suddenly falls away as he turns his attention to the ultimate goal of the alleged plot.

"I've got to admit, the thought of what we're doing makes me feel sick," Nuttall tells the officer, asking whether that feeling is normal.

The undercover officer replies that it's unnatural to kill and tells Nuttall several times that he doesn't have to go through with the plan if he doesn't want to.

"I do want to do it," says Nuttall. "Neither of us like it, but we know it has to be done. This is a war." THE CANADIAN PRESS

John Nuttall and Amanda Korody in an RCMP undercover video.

RCMP/THE CANADIAN PRESS HANDOUT

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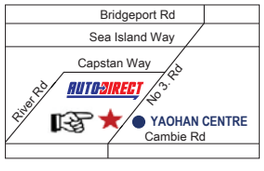

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2014. Mental health arrests, property crime up: Report

The number of people arrested under the Mental Health Act continued to climb in Vancouver in 2014, according to the police department's year-end report.

Police apprehended 3,010 people with mental illness that appeared to be at risk of hurting themselves or others, an increase of 4.8 per cent from 2013. The number of arrests has risen steadily since 2010.

The escalating situation led Mayor Gregor Robertson and Police Chief Jim Chu to call attention to the city's mental-health crisis in 2013, but the problem still persists.

The city also saw property crime jump by 9.5 per cent in 2014. Break-ins at businesses rose by 27 per cent, and theft from motor vehicles jumped 20 per cent. Thefts from homes decreased by three per cent.

Response time to priority calls slowed by 17 seconds last year.

On the brighter side, violent crime decreased from 2013. While there were three more homicides for a total of nine, sexual offences decreased by 12 per cent and there were 20 fewer bank robberies.

EMILY JACKSON/METRO

Leaked documents

Health-records project faces delays, software dispute: NDP

B.C.'s New Democrats say an $842-million electronic-health-records project faces completion delays and may be at risk.

Health critic Judy Darcy says she holds leaked documents that reveal the project is behind schedule and could soon be in arbitration with software giant IBM.

Three health authorities are involved in the effort to integrate patient services and records electronically.

Darcy says the leaked documents show the project's September 2015 rollout date has been delayed and new timelines have yet to be determined.

THE CANADIAN PRESS

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Kenney praises anti-terrorism bill

Security. More homegrown terror attacks a likelihood, says defence minister

Defence Minister Jason Kenney sang the praises of the federal government's anti-terror bill Thursday as he used his maiden speech to Canada's military establishment to warn that more homegrown terror attacks are likely.

The country is engaged in a long-term ideological struggle with radical Islam, Kenney told the annual Ottawa gathering hosted by the Conference of Defence Associations Institute.

"We need only to look to Copenhagen, to Paris, to Brussels and to Sydney," Kenney said. The notion that western civilization and style of government are never going to be challenged is wrongheaded, he added. Canada's geographic remoteness, prosperity and pluralism "have given Canadians reason to think that we can avoid real threats to our peaceable dominion. Yet we face a global movement that quite literally defies reason." Kenney, who took over from Rob Nicholson earlier this month, says the country "shouldn't overreact to this threat, nor should we underreact."

Debate over the government's proposed Bill C-51, which would increase the powers of security agencies, notably the Canadian Security Intelligence Service (CSIS), began earlier this week in the House of Commons.

The concerns of the bill's critics are exaggerated, Kenney said. "We are taking all of these steps while respecting the rights of Canadians."

New Democrats oppose the legislation. The Liberals have said they will support it but promise to fix some of the flaws if they form government after this year's election. One of the loudest complaints about the bill is that it lacks additional oversight of intelligence services to prevent possible excesses. The government says no new mechanisms or bodies are needed beyond what already exists.

Bill C-51 is the government's response to the killing last October of two Canadian soldiers, one of whom died during the Oct. 22 attack on Parliament Hill. The bill is meant to counter the threat of homegrown radicalism. THE CANADIAN PRESS

Budget

New figures show the country's three major national security institutions were collectively unable to spend $11 billion of their budgets over the last eight years.

- Kenney dismissed the argument over lapsed funding, saying all departments do it as part of the budget process.

It's Lucky the Bison knocking

Sandy Melanson pets a bison at her front door in Dryden, Ont., on Tuesday. Melanson says the runaway bison from a nearby ranch came up the driveway and right to their front door. She says the animal, named Lucky, has wandered away a few times from the Northern Buffalo Ranch down the road. HANDOUT/THE CANADIAN PRESS

Quebec

Family of strip-searched teen girl to sue school board

The lawyer representing the family of a 15-year-old girl who was strip-searched at a Quebec City high school says they intend to take the school board to court.

Lawyer Francois David Bernier says the high school misinterpreted government guidelines on searching students and humiliated his client. The school proceeded with the search after officials suspected her of selling drugs.

The school board said in a news release that administrators at the Neufchatel high school followed government and police guidelines for conducting school strip searches.

The government guidelines, however, do not specifically mention naked searches.

Bernier said he has not officially filed any documents in court and is still evaluating the damage done to his client.

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Rebel fighters gain control of key town

Debaltseve. Retreating Ukrainian soldiers grim, with at least 13 dead and hundreds missing, captured

A pro-Russia rebel Cossack, second left, hugs another rebel in Debaltseve, eastern Ukraine, on Thursday. PETER LEONARD/THE ASSOCIATED PRESS

For the rebel fighters who seized control of this strategic town, Thursday was a day of jubilation and bragging. The retreating Ukrainian soldiers were grim, stunned and relieved to have escaped with their lives as the scope of their losses became clearer: at least 13 dead and hundreds missing, captured or wounded.

Rebel fighters roamed the debris-littered streets of Debaltseve, laughing, hugging and posing for photos a day after the fall of the furiously contested railway hub. Associated Press journalists found its neighbourhoods destroyed and all under the control of the rebels.

On the road out of town, dozens of Ukrainian military vehicles, many riddled with bullet holes and with their windshields smashed, were heading to the government-held city of Artemivsk.

The soldiers inside described weeks of harrowing rebel shelling, followed by a hasty retreat. "We left under heavy fire, driving on back roads," said a soldier who gave only his first name, Andrei.

"As we were leaving, we were attacked by artillery and grenade launchers. We came under repeated attack by tanks and assault groups."

As rebels waved separatist flags, Nikolai Kozitsyn, a Russian Cossack leader and prominent warlord in the rebel-controlled east, drove around in a Humvee-like vehicle captured from Ukrainian troops.

THE ASSOCIATED PRESS

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Battery maker files suit against Apple

Electric cars. A123 Systems alleges staff poached for nearly identical division amid reports of secret Apple electric vehicle project

Battery maker A123 Systems is suing Apple, claiming it aggressively poached some key staff members in violation of their nondisclosure and non-compete agreements when they left A123.

According to a lawsuit filed in U.S. District Court in Massachusetts, A123 is seeking a restraining order and preliminary injunction to stop former employee Mujeeb Ijaz from hiring former A123 employees at Apple, where he now works. A123 makes lithium-ion batteries for electric cars and other products,

"It appears that Apple, with the assistance of defendant Ijaz, is systematically hiring away A123's high-tech PhD and engineering employees, thereby effectively shutting down various projects/programs at A123," A123 says in the complaint.

General Motors and Tesla Motors have electric cars in the works, and Nissan is already selling an electric car called the Leaf.

The suit is the latest in A123's checkered history. It received a $249-million US grant from the Department of Energy in August 2009 to help it build U.S. factories, but it posted repeated losses and struggled for several years as Americans have been slow to embrace electric cars. It filed for Chapter 11 bankruptcy protection in 2012.

THE ASSOCIATED PRESS

Economy. Negative inflation likely: BoC

The turbulence of the global oil slump could briefly nudge the Canadian inflation rate into negative territory this spring, a senior Bank of Canada official said Thursday.

But deputy governor Agathe Cote offered some reassurance, saying that even if the annual rate dips below zero it would not be considered deflation. She noted that true deflation, which can be damaging for an economy, would require a period of widespread price declines.

"Rest assured — even if inflation turns negative for some time, that would not constitute deflation," Cote said in prepared remarks of a speech she delivered in Mont-Tremblant, Que.

"When inflation expectations are solidly anchored, as is now the case in Canada, there is no reason to fear deflation."

The central bank tries to keep inflation close to an ideal two per cent target and it can adjust its trendsetting interest rate to help the economy hit that bull's-eye.

With lower crude prices expected to continue pushing down on inflation in the coming months, Cote cautioned the potential sub-zero scenario could happen in the second quarter of 2015.

The latest Statistics Canada estimate for inflation found the effects of cheaper oil rate had already helped bump the annual rate down to 1.5 per cent in December.

Cote's remarks came as the Bank of Canada prepares for its next scheduled interest-rate announcement on March 4.

The central bank surprised markets in January by cutting its key interest rate to 0.75 per cent from one per cent.

Many analysts are expecting Poloz to shave another quarter point off the rate.

THE CANADIAN PRESS

Inflation

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CN Rail

Union looking at setting March-end strike deadline

A strike vote by 4,800 Canadian National Railway employees represented by Unifor will begin as early as next week, with the union saying it is aiming for an end-of-March strike deadline after the failure of five months of contract talks.

Unifor president Jerry Dias says the union is setting a strike deadline close to the end of next month to give CN customers time to make alternate arrangements. His remarks came after union representatives at CN and CP Rail met to review the agreement Unifor reached on Feb. 14 with CP Rail. Unifor members working at CP will vote on the package over the next two weeks. THE CANADIAN PRESS

SNC-Lavalin

RCMP lay fraud, corruption charges

The RCMP have laid fraud and corruption charges against Montreal-based engineering firm SNC-Lavalin and two of its subsidiaries following an investigation into the companies' dealings in Libya. THE CANADIAN PRESS

Walmart workers in U.S. getting raises

Wal-Mart Stores Inc. is spending $1 billion to make changes to how it pays and trains U.S. hourly workers as the embattled retailer tries to reshape the image that its Walmart stores offer dead-end jobs. As part of its biggest investment in worker training and pay ever, Wal-Mart Stores Inc. said that within the next six months, it will give raises to about 500,000 workers, or nearly 40 per cent of its 1.3 million U.S. employees. THE ASSOCIATED PRESS FILE

Pipeline. TransCanada to seek approval for Upland

The Canadian company behind the long-delayed Keystone XL oil pipeline will seek U.S. government approval for another pipeline — this one going north.

Industry officials in North Dakota say the proposed Upland Pipeline could reduce reliance on the railroads to ship crude, following recent concerns about safety.

TransCanada Corp.'s proposed $600-million US Upland Pipeline would begin near the northwestern North Dakota oil hub of Williston and go north into Canada about 320 kilometres.

At peak operation it would transport up to 300,000 barrels of oil daily, connecting with other pipelines, including the Energy East pipeline across Canada.

TransCanada hopes to have the Upland Pipeline operating in 2018, pending approval from three bodies — the U.S. State Department, North Dakota's Public Service Commission and Canada's National Energy Board.

TransCanada has been trying for years to get U.S. approval for the 1,179-mile Keystone XL, which would connect Canada's tar sands to refineries on the U.S. Gulf Coast.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 80.01¢ (-0.52¢)

TSX 15,180.33 (-32.42)

OIL $51.16 US (-98¢)

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VOICES

CELEBS DON'T KNOW WHAT THEY'RE TALKING ABOUT

THE KOHLER REPORT
By Rebecca Kohler

Is it just me, or has there been an uptick lately in celebrities touting pseudo-medical advice that seems particularly unsound? From weird pubic care to body-binding workout regimes, the tabloids are starting to look more like quack medical encyclopedias than entertaining gossip rags.

One of the most recent examples of weird body-care advice comes from Gwyneth Paltrow vis-à-vis the V-Steam. Gwyneth recently wrote a post on her lifestyle website, GOOP, about how she had her vagina steamed: "You sit on what is essentially a mini-throne, and a combination of infrared and mugwort steam cleanses your uterus, et al," she said. "If you're in L.A., you have to do it." Sorry, G., but I have my next trip to L.A. all planned out and it involves eating tacos, not cleansing them.

While I used to view celebrity advice and websites such as GOOP as just irritating (GOOP is hard for me to read because my eyes won't stop rolling), I'm starting to wonder if this stuff is actually dangerous.

After Gwyn poached her pants area, doctors went berserk online, citing all sorts of reasons why that is a terrible idea. That part of the female body has an ecosystem, and sending steam through the chute has the potential to throw it off balance. I'd say the idiom, "If it ain't broke, don't fix it" has never been truer than when referring to a vagina.

Kim Kardashian has also touted some iffy practices to the common people. Kim is a fan and advocate of "waist training," which involves wearing a corset, even while you work out — the stupid idea being that you sweat more in your abdomen area. Also, the corset is making your waist tinier because ... well it's not, because that's impossible. Look, I get the science behind binding a baby, but trying to shrink your waist as an adult? You're fully grown, and your bones are hard. Deal. But KK has posted several selfies in her corset, and the masses are listening.

Doctors are upset about the corsets, too. Wearing a corset for extended periods of time — "waist trainers" wear them for up to 12 hours a day — can not only weaken your abdominal muscles but also actually make them atrophy. "Look at my tiny waist! Pay no attention to the shrivelled, dead muscle."

Then there's Selma Hayek, a vocal fan of juice cleanses and/or detoxes who insists that's how she maintains her sexy figure. Studies prove both of these practices to be useless.

No steaming necessary

After Gwyn poached her pants area, doctors went berserk online, citing all sorts of reasons as to why that is a terrible idea.

Real doctors will tell you that your body has a natural detoxification system in place — liver, lungs, skin, etc. — and doesn't need your help.

Let's not forget the celebrity anti-vaxxers who may or may not be partly responsible for the recent measles outbreak in North America. Jenny McCarthy is famously outspoken in saying vaccinations cause autism — which, for the MILLIONTH time, they DON'T — and reality star Kristin Cavallari joined in the fun last year, stating, "There are very scary statistics out there regarding ... vaccines and what they cause: asthma, allergies, ear infections ..." Ear infections? Seriously, lady? Even if that were true, are you saying you'd rather your kid get measles than an ear infection? (I got an ear infection just listening to the interview.)

Considering celebs are rich and successful and generally good-looking, it makes sense that people would look to them for life advice. But as "successful" as someone like Kim Kardashian is, we have to remember she's not a professional of any sort. The best teachings she has to offer probably involve dislodging a bad wedgie.

Please don't take advice from celebrities because a) it can be dangerous; b) it'll cost you a fortune; and, c) when we hear these snippets about their "amazing lives," we're not getting the full story. Did it ever occur to Salma Hayek that she's hot because she can afford $800 face creams and personal trainers and chefs to cook her healthy meals? Gwyneth Paltrow might be steaming her vagina to fill a void (no pun intended) left by her "conscious uncoupling," and Kim Kardashian's waist looks small because she has big boobs and a booty. As for Kristin Cavallari, not vaccinating her kids might be her best bet at getting any sort of publicity. If you absolutely feel like your vagina needs a steam (mine is pretty steamy on its own) or you could lose a few pounds or inches, then OK, but talk to a doctor first. I know your doctor is boring compared to a Hollywood star, but that's because he/she studied a lot to know what's best for you.

Rebecca Kohler is a stand-up comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler

Happy face/Sad face

From top dogs to uncomfortable visits, Metro weighs in on the news that made headlines this week:

FAKING IT

Oregon man Aleksander Tomaszewski, who was arrested on suspicion of sexual assault, has gained a couple new charges after allegedly beating himself up while in custody and trying to blame police for his injuries. Video shows a man punching himself in the face as many as 60 times in his holding cell. Just a reminder folks, Big Brother is watching you. Especially if you're in a police station.

DOG-GONE RIGHT!

America's top dog is a Canuck! A mild-mannered beagle named Miss P was named Best in Show at the prestigious Westminster Kennel Club at Madison Square Garden this week. The pooch, who originally hails from Enderby, B.C., has already made the morning talk-show circuit and met Donald Trump.

ROYALLY EMBARRASSING

Like any obligatory trip home to see the parents whose privilege you've spent a lifetime trying to escape but never fully disowned, Canada's visits to England always feel a little off. This time, the weirdness took place at Thursday's official reopening of Canada's newly refurbished high commission in London. Unaccountably, John Baird was there representing us. He's even referred to as foreign minister on the commemorative plaque. You'll recall, of course, that he quit that job weeks ago. Yeah. Awkward.

TIGHTY WHITEYS

This week in amazing excuses: a Manitoba MP is holding cheap, ill-fitting underwear to account for a "brief" absence from his seat in the House of Commons while a vote was being counted. "I can blame it on a sale that was down at the Hudson's Bay; they had men's underwear on for half price. I bought a bunch that was clearly too small," said Winnipeg Centre representative Pat Martin. Cheeky, Mr. Martin, very cheeky.

STRIP-SEARCHED TEEN

Quebec school officials are under serious fire after strip-searching a 15-year-old student over suspicions she was hiding marijuana. The province's education minister defended such searches as a reasonable safety measure provided they are done in a "respectful" manner. The girl's parents and civil-rights groups vocally disagree.

metro

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SCENE

Focus on fashion

Kathy Griffin
GETTY IMAGES

Kathy Griffin is ready to rip on the red carpet

Kathy Griffin likes to joke (or is she serious?) that, one year on her tax return, she put her profession as "Anonymous." Such is her multi-hyphenate stature: a standup comic, sitcom star, reality-show queen, periodic D-Lister and, now, host of Fashion Police, E! network's couture critique.

Griffin has retrieved the mantel from Joan Rivers, who presided riotously in cahoots with her Joan Rangers until her death last summer.

"She obviously left very big shoes," said Griffin.

"But we agree that it's essential to comedy to be fearless and not be afraid to make enemies — certainly, in Hollywood! C'mon, we're not talking about heads of state here."

As for viewing, Griffin says: "I haven't decided whether to go to a party where I can get more material, or just watch at home, judging harshly in silence."

THE ASSOCIATED PRESS

NPH's time to shine

Interview. First-time Academy Awards host talks about nerves, his hosting heroes and what he'll do if Kanye crashes the stage

Neil Patrick Harris might use his job as Oscar host as a way to meet his favourite stars. "I have, essentially, an all-access pass to the theatre," Harris said during a recent interview.

"So I love being able to stand there and say hello to people I've never met before. I'm very easily star struck, so it'll be very exciting to shake hands with celebrities."

Harris has hosted the Emmys twice and the Tony Awards four times — and has won both awards. On Sunday, he takes on his first Oscar show. The multitalented entertainer took a few minutes between rehearsals to talk about his plans for the big night.

How is preparing to host the Oscars different from the Tonys or Emmys?

I want to make sure my content is inclusive of everyone watching, and more people watch the Oscars than any other awards show probably combined. I have more filters probably, in terms of content... The Oscars — it's ritual for many people. They see it every single year, and all around the world. So I want to be a little classier and try to be a bit more mainstream while trying to maintain a wink and a nod to those in the know.

You watched all the past Oscar hosts as part of your research. Who stood out for you, and who would you most like to emulate?

My initial answer would probably be Billy Crystal. I was just the right age to be so taken by movies as an idea, and he had such joy and exuberance about the world of film... But as I've done more research, I'm even more impressed now by the older-school generation of Johnny Carson, Bob Hope, and their ability to stand in one place and make (people) feel comfortable just in their demeanour. Because it's a very classy night — everyone's in their tuxedoes and fancy dresses — so I'm hoping to make it feel like an A-list dinner party that you get to come and attend.

How nervous are you?

Well, my job as host is to not be nervous when the show is happening. But I think, in life, being nervous about something that's forthcoming is very helpful, whether it's an awards show or a family gathering or a job interview. If you're too calm and confident, then I think you aren't executing to the best of your ability. So I try not to let nerves get the best of me, but I welcome them because it tends to fuel me to try harder.

Have you prepared for the possibility of Kanye West coming onstage?

I think the security at Saturday Night Live is still holding him in his seat there from last (week's) show. So, fingers crossed, he's detained in New York City. No, nothing would make me happier than something as random as that, as Kanye West deciding to participate in the show in some way. That's why you want to watch the Oscars. We hope for things to happen that you'll only experience by watching it... The crazier the better, as far as I'm concerned. THE ASSOCIATED PRESS

What to watch and when

CTV begins Oscar coverage at 3 p.m. on Sunday.

- ETalk's Red Carpet Special starts at 3 p.m. PT. Ben Mulroney and Lainey Lui will be on a balcony capturing a bird's eye view of red carpet arrivals.
- The Oscars Opening Ceremony, hosted by Good Morning America anchors Robin Roberts and Lara Spencer, starts at 4 p.m., showcasing the nominees, presenters and performers arriving on the ABC red carpet.
- The main event starts at 5:30 p.m.
- You have to be a subscriber to CTV Go to watch the broadcast online. Anyone can stream coverage from the Academy Awards press room at ctv.ca.

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If Metro could hack the Academy vote

Rather than waste your time with Oscar predictions, which are bound to be wrong anyway, here's something slightly more useful: What we'd pick, if anyone had asked us.

NED EHRBAR & MATT PRIGGE
For Metro

The Grand Budapest Hotel CONTRIBUTED

Best picture

What should win: Wes Anderson's Grand Budapest Hotel is the kind of carefully crafted, completely realized vision that should be edging out Boyhood and Birdman.

What should have been nominated: If the Academy had any guts it would have celebrated the singular vision of Dan Gilroy's Nightcrawler.

Best actor

Who should win: Hype demands Michael Keaton or Eddie Redmayne win this, but Bradley Cooper's steely and very, very, very quietly anguished turn in American Sniper was one of the reasons the film was more complicated than its fans and detractors claim.

Who should have been nominated: Mysteriously, Ralph Fiennes' super-alert creation — Monsieur Gustave H. in Wes Anderson's The Grand Budapest Hotel — both debonair and lowbrow (and sometimes in the same rattled-off line), was snubbed in favour of actors mostly playing real people.

Bradley Cooper in American Sniper CONTRIBUTED

Now in theatres

Drama

McFarland

Director. Niki Caro

Stars. Kevin Costner, Carlos Pratt

From Disney comes McFarland, the true against-all-odds story of the 1987 McFarland high school cross-country team in an economically challenged community.

Rotten Tomatoes™ score
Critics: 67% **Audience:** 87%

Comedy

The DUFF

Director. Ari Sandel

Stars. Mae Whitman, Robbie Amell

Bianca (Mae Whitman) is a content high school senior whose world is shattered when she learns the student body knows her as 'The DUFF' (Designated Ugly Fat Friend).

Rotten Tomatoes™ score
Critics: 88% **Audience:** 91%

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Wes Anderson GETTY IMAGES

Best director

Who should win: Given that he's created his own style of filmmaking, it's frankly incredible The Grand Budapest Hotel creator Wes Anderson hasn't won a directing Oscar yet.

Who should have been nominated: With the ScarJo alien opus Under the Skin, Jonathan Glazer created a genuinely unique film, one that owes as much to the way it was created as it was filmed.

Best actress

Who should win: For once, everyone seems to be in agreement, because no performance this year came close to inevitable winner Julianne Moore for Still Alice.

Who should have been nominated: Into the Woods might not have done much this awards season, but Emily Blunt still deserves recognition for her standout work in the Sondheim musical.

Julianne Moore GETTY IMAGES

Best original screenplay

What should win: Wes Anderson's films are constructed top-to-bottom, and the riots of pink and spot-on performances in The Grand Budapest Hotel are nothing without the solid foundation of its script.

What should have been nominated: Justin Simien's Dear White People shuffles around a score of characters and provocative ideas like pieces on a chessboard.

Best adapted screenplay

What should win: Paul Thomas Anderson should take this one. He did the impossible in bringing a Thomas Pynchon novel to the screen.

What should have been nominated: The Writers Guild decided "Guardians of the Galaxy" was worthy of recognition, so why couldn't the Academy? Yes, it's a comic book movie, but it's a damn fine comic book movie adapted from some off-the-wall source material.

Supporting actress

Who should win: Keira Knightley took what could have been a rather dull supporting role in The Imitation Game and ran away with the film.

Who should have been nominated: Rene Russo as a cutthroat news producer in Nightcrawler.

Supporting actor

Who should win: He may be only slightly less intimidating than his Oz Neo-Nazi, but J.K. Simmons' jazz instructor in Whiplash was still a thoroughly embodied portrait of a sociopath.

Who should have been nominated: As a 60-year-old virgin, Stellan Skarsgard helped make sure Lars Von Trier's porn epic Nymphomaniac was the infamous filmmaker's funniest and most humane film.

Ratings and synopses courtesy of Rotten Tomatoes. **Ratings:** *Certified Fresh:* 🍔 *Fresh:* 🍎 *Rotten:* 🤢 *Audience response:* 🍿 *Anticipation for the film:* ➕

Comedy

Hot Tub Time Machine 2

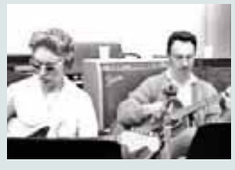
Director. Steve Pink

Stars. Craig Robinson, Rob Corddry

Hot Tub Time Machine director Steve Pink returns to the helm for this sequel set 10 years in the future.

Rotten Tomatoes™ score
Critics: No reviews yet
Audience: ➕ 92%

Documentary



The Wrecking Crew

Director. Marjane Satrapi

Stars. Herb Alpert, Brian Wilson

What the Funk Brothers did for Motown ... The Wrecking Crew did for the West Coast Sound. The Wrecking Crew tells the story in pictures and sound.

Rotten Tomatoes™ score
Critics: No reviews yet
Audience: ➕ 81%

A moving tale of small-town sports success

Biopic. Running coach who was the inspiration behind McFarland film remains humble despite Hollywood treatment

Jim and Cheryl White have seen the movie McFarland three times and teared up at every viewing, even though, as he says, "We knew what was going to happen."

The film, which stars Kevin Costner as the most successful Californian high school cross-country coach in history, is the story of White, his wife and their life and work in McFarland, Calif., an impoverished town transformed by sports.

The Texas native taught in McFarland for 40 years, establishing a cross-country running team that would win nine state championships and give the runners a glimpse of life outside their small town and nearby fields where many of them worked as migrant "pickers."

His success may have earned him a Hollywood biopic and a more permanent tribute in the form of a dedicated gazebo in the town square, but he sees his influence in more metaphysical terms. "To me, my legacy is in the hearts and minds of these boys I've taught," he says.

In person, White is a humble man who quietly commands respect. At a post-screening Q&A I hosted with him in Toronto, he earned a standing ovation before even saying a word. As the audience clapped he was genuinely moved, and with a quivering voice whispered to me to "take over for a second."

Earlier in the day, we discussed seeing his life played out on the big screen. "We just hoped they could portray our true feelings of love for the town, for the community. That came across real well. We also felt like they portrayed the true hardships these boys went through."

Hollywood did make some changes to White's story and one scene in particular irked him. When we first see White in the film, he's hurling a cleated shoe at the lippy captain of his Idaho school football team, opening the kid's cheek.

"That is dramatic licence," he says. "It bothered me for a while but I talked to Kevin Costner about it. I said, 'Kevin, can you give me your true feelings about the situation that happened in Idaho?' He said, 'I think, Jim, you're going to come across as the hero and not the villain because you're standing up for what's right.' I said, 'All right,' and I was satisfied with that."

White often uses the phrase "Well, that's Hollywood for you," when describing the making of the film and liberties taken with his life's story. But now the movie is finished, he says, "What was really fascinating to both of us was watching the screen and seeing them say, 'Mr. White would you come in here,' (or) 'Jim White this, and Cheryl White that.' We're sitting there looking at ourselves up there. It was kind of funny."

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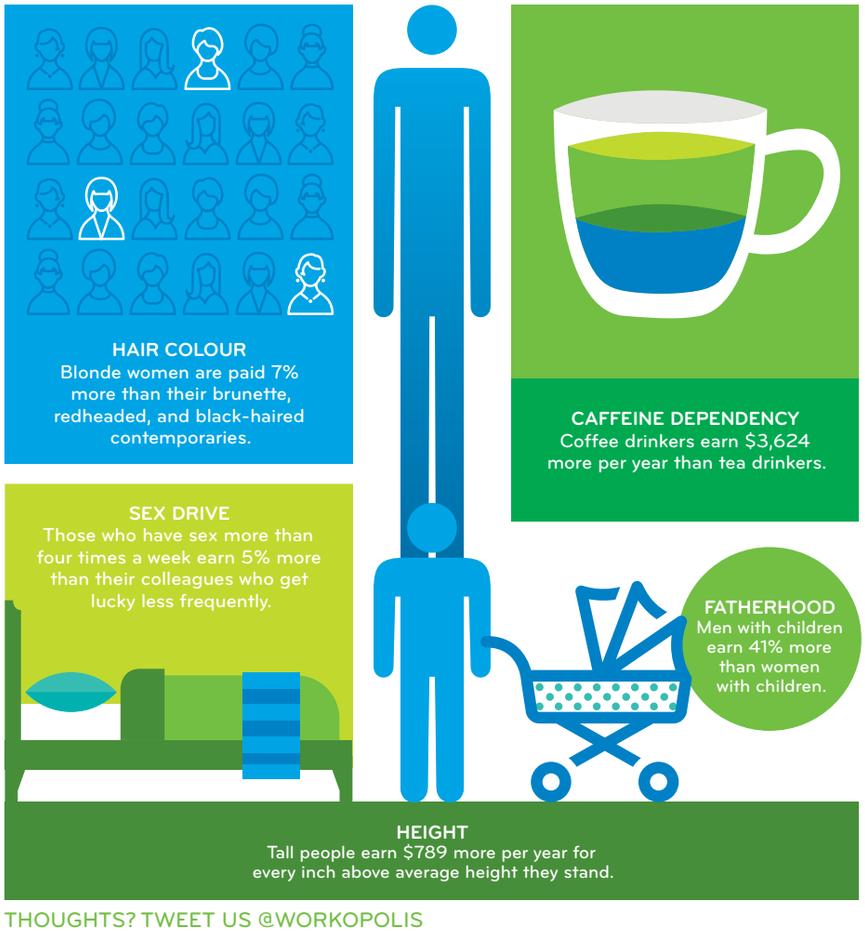
HAIR COLOUR
Blonde women are paid 7% more than their brunette, redheaded, and black-haired contemporaries.
CAFFEINE DEPENDENCY
Coffee drinkers earn $3,624 more per year than tea drinkers.
SEX DRIVE
Those who have sex more than four times a week earn 5% more than their colleagues who get lucky less frequently.
FATHERHOOD
Men with children earn 41% more than women with children.
HEIGHT
Tall people earn $789 more per year for every inch above average height they stand.

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For references, view the full article at workopolis.com

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Let's get to work

In Focus

RICHARD CROUSE

Carlos Pratts, left, and Kevin Costner appear in a scene from McFarland.
RON PHILLIPS/DISNEY

In Review

Hot Tub Time Machine 2

The DUFF

McFarland

Wrecking Crew

Ricardo is a Canadian chef, television host and author on a mission: To unite people through the pleasure of food. Discover his delicious and simple recipes every Friday — just in time for the weekend

Bite into Academy Award luxury

This recipe makes approximately 24 appetizers. COURTESY RICARDOCUISINE.COM

Appetizers. Escargot and Garlic Stuffed Tomato Tarts are perfect for your glam party

RICARDO COOKS
Chef Ricardo
Ricardo Magazine

Hosting an Academy Awards screening party? Save the chips and dip for a less grandiose event. This super-chic soiree needs a healthy dose of luxe! Think escargot and, of course, plenty of bubbly.

When making these appetizers, make sure you prick the dough thoroughly, because the tomatoes can easily fall on the side while baking.

Simply place them back when arranging them on a serving platter.

1. With the rack in the middle position, preheat the oven to 400 F (200 C). Line a baking sheet with parchment paper.

2. On a lightly floured surface, roll out the dough to about 1/8 inch (3 mm) thick. With a 1 3/4-inch (4.5 cm) round cookie cutter, make enough circles to match your quantity of snails. With a fork, prick the centre of the dough several times. Place on the baking sheet and refrigerate.

3. Cut off the tomato caps, then cut off a thin slice at the base so they stand in place. Remove the flesh with a small melon baller. Set aside.

4. In a skillet, melt the butter with the garlic. Add the snails and cook for about 1 minute while stirring. Add the chives. Season with pepper. Stuff each tomato with a snail. Set aside.

5. In a bowl, combine the sour cream and mustard. Brush over each circle of dough. Top with the stuffed tomatoes. Drizzle with the remaining garlic butter. Bake until golden brown, about 20 minutes. Season with salt and pepper. Serve warm as an hors d'oeuvre.

FOLLOW RICARDO ON SOCIAL MEDIA AND ON RICARDOCUISINE.COM OR SUBSCRIBE TO HIS MAGAZINE'S ENGLISH EDITION, WHICH LAUNCHED IN 2014.

Ingredients

- 1/2 lb (225 g) thawed and cold puff pastry
- 24 cherry tomatoes
- 1/4 cup (57 g) butter
- 2 cloves garlic, finely chopped
- 1 can (200 g) snails, rinsed and drained (about 24 snails)
- 1 tbsp chopped fresh chives or thyme leaves
- Salt and pepper
- 2 tbsp (30 ml) sour cream
- 1 1/2 tsp (7.5 ml) Dijon mustard

Liquid Assets

Tomato-wine challenge

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Though it may be one of the most popular fruits in the world (and yes, technically it is a fruit) the affable tomato can be, in a word, challenging when it comes to a wine match.

When I first read Chef Ricardo's recipe for escargot and garlic stuffed tomato tarts, I couldn't help but feel a bit like Indiana Jones when he realized the temple was full of snakes in Raiders of the Lost Ark.

To paraphrase: Tomatoes. Why did it have to be tomatoes?

Not that they're impossible to partner with wine. It's just that their forward acidity and ripe, fruity juiciness can be an off-putting counterpoint to the vivacious personalities of many wines.

A foodie friend of mine adores a Sauvignon Blanc-based white with tomatoes. I lean towards an acid-forward red like an Italian Sangiovese.

While Italy's Chianti region in Tuscany is considered Sangiovese's true home, Farnese's 2013 Fantini Sangiovese IGT ($7.95 to $10.49), made in Abbruzo, is as soft on the palate as it is on the pocketbook.

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AMSTERDAM IN 24 HOURS

SHUTTERSTOCK IMAGES

Dutch treats for everyone to enjoy

Amsterdam is an architectural wonder

Most people associate Amsterdam with Van Gogh, canals and coffeehouses. But the Dutch capital is an architectural wonder with much more on tap than the typical tourist spots. Often referred to as the Venice of the North, Amsterdam is connected by 1,281 bridges on 165 waterways. It's easy to get around, yet this urban village offers one of Europe's largest historical centres, with architecture dating back to Holland's Golden Age in the 17th century — and lots of winding streets to explore:

WHAT TO DO

The Dutch gave us Rembrandt, Vermeer and Van Gogh, so most tourists head to the Rijksmuseum, Van Gogh Museum or Anne Frank House. But Amsterdam is home to more than 50 museums, many of which are far less crowded than those in the Museum Quarter. Learn about Holland's role in the Second World War at the Jewish Historical Museum or discover why the Dutch are obsessed with tulips at the Tulip Museum. Photo buffs can take in rotating exhibits at the Foam Photography Museum, then pause at the café for a slice of huisgemaakte taarten (homemade cake).

The 800-year-old Oude Kerk (Old Church) is Amsterdam's oldest building, founded in 1213, which now serves as a concert hall and exhibition space. It hosts a busy concert schedule year-round underneath the largest medieval wooden vault (with some of the best acoustics) in Europe. The floor consists entirely of gravestones.

Avoid tacky souvenir stalls and hit De Negen Straatjes (Nine Streets) in the Central Canal Belt, a water-woven district of boutiques, cafés and restaurants. Wander the cobbled lanes for some of the city's best vintage finds alongside Europe's trendiest labels, such as Pina and Van Ravenstein. At night, avoid the rowdy bars of Leidseplein and Rembrandtplein and opt for a drink at one of the local haunts in Nine Streets, such as The Bar With No Name.

The 100-year-old Albert Cuyp open-air street market is a must for shoppers, with more than 300 vendors selling everything from cheese and chocolate to jewelry, clothing and bike accessories. Book lovers should check out the Spui Book Market (some English titles are available), and art lovers might find a one-of-a-kind memento at the Spui Art Market.

WHERE TO EAT

While other European capitals — such as Paris and Rome — are known for their culinary delights, Dutch fare tends to fall under the radar. But the Netherlands has its own culinary traditions, consisting mainly of hearty comfort food. Head to an eetcafé (similar to a French bistro) for lunch and a cup of Dutch coffee, or order a pint at a brown café, which specializes in beers and pub-style fare.

Go Dutch and try Hap-Hmm, an eetcafé near Vondelpark — Amsterdam's largest park, located in the Museum Quarter — and try the beef escalope. The Pantry serves up everyday fare from erwtensoep (split pea soup) to stamppotten (potatoes mashed with vegetables), as well as Indonesian satay.

The country's colonial past has resulted in an abundance of Indonesian restaurants — try the rijsttafel, a Dutch invention that combines various dishes from Indonesia. For those with a sweet tooth, Dutch bakeries offer classic pastries that typically include baked apples and berries.

Hipsters can head to Pllek on the banks of the IJ for organic food with plenty of vegetarian and raw options. This post-industrial space, with walls made of old shipping containers, is located on a man-made beach and offers everything from live music to yoga and massages — and lovely views across the canal. It's a 15-minute ferry ride to get there.

After hours, sample traditional Dutch liqueurs at a 17th-century tasting house, Wynand Fockink, which has been in business since 1679. Or head to Brouwerij 't IJ, a craft brewery located in a former bathhouse beside a Dutch windmill, where you can sip a pils or dubbel on the patio with a largely local crowd.

May to September is a great time to visit Amsterdam and explore its historical charms. Start planning your Dutch getaway today — you will be sure to discover your own hidden gems.

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†Based on IHS Automotive, Polk Canadian New Retail Vehicle Registrations as of CYTD November 2014 for the Compact SUV/Compact Car/Subcompact Car segments as defined by Honda Canada Inc. *Limited time weekly lease offer and all other offers are from Honda Canada Finance Inc., on approved credit. #The weekly lease offer applies to a new 2015 CR-V LX 2WD model RM3H3FES/Civic DX model FB2E3FEX/Fit DX model GK5G3FE ("Specified Models") for a 60-month period, for a total of 260 payments of $69.99/$41.81/$39.97 leased at 1.99%/0.99%/2.99% APR based on applying $400.00/$350.00/$1050.00 "lease dollars" (which are deducted from the negotiated selling price before taxes). ‡In order to achieve $0 down payment, dealer will cover the cost of tire/battery tax, air conditioning tax (where applicable), environmental fees and levies on the 2015 CR-V LX 2WD, Civic DX and Fit DX only on customer's behalf. Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $18,171.40/$10,896.60/$10,392.20. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. **MSRP is $27,685/$17,245/$16,070 including freight and PDI of $1,695/$1,495/$1,495 based on new 2015 Specified Models described above. License, insurance, registration and taxes are extra and may be required at the time of purchase. ΩFor more information about the 2015 Motor Trend Sport/Utility of the Year® award, visit http://www.motortrend.com/roty/theyear/suv/2015_honda_cr_v_is_the_motor_trend_suv_of_the_year/ ΩFor more information about the AJAC's Best Small Car (Under $21,000) award, please visit: http://www.ajac.ca/web/coty/2015/comparison_category.asp?cat=176 "#/"" Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer on Specified Models only. Offers valid from February 3rd through March 2nd 2015 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

MLS

Whitecaps rookie Tim Parker eyeing minutes

An extravagant hairdo is nothing new in soccer, or for members of the Vancouver Whitecaps.

Though there was something different about the styles of at least three young players at Thursday's training session — the fruits of rookie initiating.

Tim Parker, the freshman centre back who the Whitecaps took 13th overall in last month's MLS SuperDraft, was among those sporting a new cut.

"The rule is they cut your hair however they please. You have 48 hours with it," said the 21-year-old Parker.

All in good fun, he said with a smile.

"I don't think (Kendall Waston) or (Pa-Modou Kah) were very good hairdressers in their previous careers," said head coach Carl Robinson.

Since the Robinson era began in December 2013, there has been a real push to integrate younger players into the first team.

It's a predominantly youthful roster, with only four players having eclipsed 30 years of age.

The Whitecaps will now travel south to Portland for the Simple Invitational, which includes a series of exhibition matches.

Robinson maintained before the opening of training camp that he'd prefer five centre backs, especially with the extra workload that will come with this year's schedule.

"One of the reasons I like Vancouver so much is because (Robinson) believes in the younger guys," said Parker. CAM TUCKER/METRO

Canucks goalie Ryan Miller turns away a shot by the Rangers' Derek Stepan during a shootout on Thursday in New York. MARY ALTAFFER/THE ASSOCIATED PRESS

Canucks rally to beat Rangers in shootout

NHL. Henrik Sedin scores twice, including game-tying goal with two minutes remaining

On Thursday

Canucks	Rangers
5	4

Playing without three of their top defencemen, the Vancouver Canucks had one of those character games that might help them get back to the playoffs.

Alexandre Burrows and Radim Vrbata scored in a shootout and the Canucks rallied three times to post a 5-4 victory over the Rangers on Thursday night, ending New York's four-game winning streak.

"This was huge," Burrows said. "Rangers are probably one of the best teams in the league, if not the best. They are a really good team, but we felt if we could skate with them and work hard and pay the price, we could have a chance."

The Canucks, battling for a playoff spot in a tight Western Conference, got several big efforts. Ryan Miller made 30 saves and stopped both Rangers shootout attempts. Henrik Sedin scored twice, including a tying tally on a rebound with two minutes left in regulation after Vancouver pulled Miller early. And youngsters Ronalds Kenins and Bo Horvat combined on a beautiful goal.

"This was really big for us; the determination was there," said Miller, who stopped Mats Zuccarello and Derek Stepan in the shootout. "It was great. Our guys got better each period. For us, it's great to have a comeback. You have to win all ways during the season and for me, the guys bailed me out. They gave me a lead and I let it go. It didn't faze them. They came right back and wanted to get that win."

Shawn Matthias and Horvat also tallied as Vancouver snapped a five-game losing streak against the Rangers dating back to January 2011.

Stepan, Rick Nash, Martin St. Louis and Carl Hagelin scored for the Rangers.

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‘I’m going to be a much better fighter’

UFC. MacDonald learns from his two losses, ready to show his true self in title match

Rory MacDonald last fought Tarec Saffiedine in October. MacDonald won via a third-round TKO. ANDREW VAUGHAN/THE CANADIAN PRESS

Rory MacDonald has lost just twice in 10 years and learned from both setbacks.

In 2010 in Vancouver, he let the emotion of the crowd and fighting in his home province get to him in his second UFC outing. Veteran Carlos (The Natural Born Killer) Condit rallied to put MacDonald away with just seven seconds remaining at UFC 115.

Against (Ruthless) Robbie Lawler at UFC 167 in Las Vegas in 2013, a lacklustre training camp was followed by an uneven performance that was not helped by a third-round poke in the eye. MacDonald had his moments but not enough of them and lost a split decision.

Now MacDonald (18-2) is getting a second crack at Lawler, this time for the welterweight championship. The 25-year-old Montreal-based fighter has been matched against Lawler (25-10 with one no contest) in the co-main event of UFC 189 on July 11 in Las Vegas.

“I’m going to be a much better fighter for this one,” MacDonald said in an interview Thursday, one day after the fight announcement.

His first meeting with Lawler, however painful, proved to be worthwhile.

“I’m grateful (for) the experience I had that night with Robbie,” MacDonald said.

“It really was a kick in the ass and a blessing in disguise. I was upset about it but I can’t explain how much that motivated me to get myself back into where I need to be. I wasn’t at my best for that fight and it was my fault.”

After the Condit loss, MacDonald learned not to bring emotion into the cage with him. His normal pre-fight demeanour is so cool that the ringside doctor might be tempted to feel for a pulse.

But against Lawler, he could not wait for training camp and fight night to be over “so I could go relax and just get away from martial arts for a bit.”

In the wake of the loss, he adopted a new attitude.

“Just having fun with martial arts and getting back to that passion and enjoying my life in martial arts,” he said. “That’s all.”

THE CANADIAN PRES

Three wins in a row

MacDonald has posted impressive wins over Demian Maia, Tyron Woodley and Tarec Saffiedine since losing to Lawler in November 2013.

CFL

Lions will have five QBs in camp

And then there were five.

On Thursday, the B.C. Lions signed Howard University quarterback Greg McGhee to a contract, giving them five quarterbacks on their roster with training camp still more than three months away.

As a senior last season, McGhee led the Mid-Eastern Athletic Conference with 2,388 yards passing and 847 yards rushing.

On the same day, former Lions QB Kevin Glenn signed with the Saskatchewan Roughriders. METRO

NBA trade deadline

Suns cut deals

The Phoenix Suns’ three point-guard experiment is over.

The Suns pulled off three trades on Sunday, sending Goran Dragic to the Miami Heat and Isaiah Thomas to the Boston Celtics.

That left Eric Bledsoe as the lone member of the point-guard trio remaining with Phoenix.

In the third trade, the Suns sent a third point guard, rookie Tyler Ennis, who rarely plays, to the Milwaukee Bucks, along with forward-centre Miles Plumlee. That trade brought the most significant acquisition, guard Brandon Knight from the Bucks.

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
As your ruler Mars moves into your sign today you will be in an assertive mood. Just be careful not to get too domineering for some people's tastes.

♉ Taurus
April 21 - May 21
If you can't get what you want over the next 24 hours you will get the chance to make up for it tomorrow. The only thing you have to fear is fear itself.

♊ Gemini
May 22 - June 21
You are so enthusiastic about something that you cannot understand why some people are being so negative about it. Maybe they have looked at the situation in a balanced way.

♋ Cancer
June 22 - July 23
You could easily lose patience with someone on the work front today, but hold back from saying anything too negative. They could make things tough for you later.

♌ Leo
July 24 - Aug. 23
You are in a helpful mood at the moment, but don't be too helpful. Do you want to end up doing so much for others that you have no time to do anything for yourself?

♍ Virgo
Aug. 24 - Sept. 23
A financial opportunity is worth pursuing but the planets warn it may not be as great as you've been led to believe. There will be a lot of work involved.

♎ Libra
Sept. 24 - Oct. 23
As Venus, planet of love, moves into the relationship area of your chart today it's likely you will meet someone who gets your pulse racing. Don't get carried away — yet.

♏ Scorpio
Oct. 24 - Nov. 22
Certain chores may be tiresome but there is no way you can get out of them so you might as well do the best possible job.

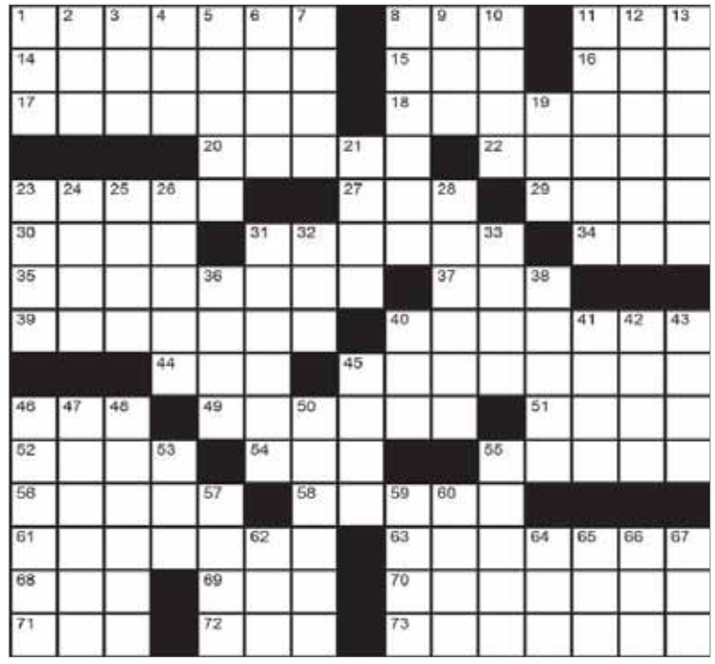
♐ Sagittarius
Nov. 23 - Dec. 21
Don't make any travel plans for today or tomorrow because there is something special coming your way and if you move you may miss it.

♑ Capricorn
Dec. 22 - Jan. 20
Mars in the domestic sector of your chart is likely to spark family squabbles but they are really not that important. Also, with Venus working in your favour you can calm things down. Be the voice of reason.

♒ Aquarius
Jan. 21 - Feb. 19
Social activities will be fun over the next few days but there will be challenges too. Someone you meet could rub you the wrong way over something trivial but it's really no big deal.

♓ Pisces
Feb. 20 - March 20
You may lose your cool about something that normally would not bother you. If you do, calm down and have the good grace to admit you went over the top.

Crossword: Canada Across and Down by Kelly Ann Buchanan



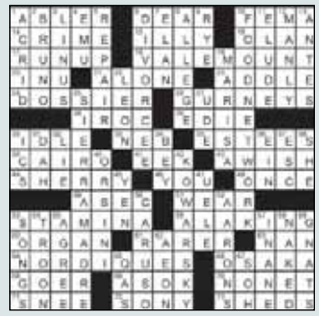
Across

1. Oscars 2015: Dean __, Canadian director (with Bonnie Arnold) who is up for an Oscar for #50-Down at this weekend's ceremonies
8. __ for the cameras
11. Drink delicately
14. Ferocious fire
15. Fit Fiddle link: 2 wds.
16. __'easter
17. Conquers
18. TV Western on which #11-Down's director Clint Eastwood starred
20. Prefix to 'comedy'
22. Military caps
23. Domicile
27. Movie studio area
29. Quebec singer Mr. Simard
30. Uncommon
31. Health resort amenities
34. Soak flax
35. Keep from happening
37. New Zealand parrot
39. Take off with the cash
40. Super salty splashy spot: 2 wds.
44. "Won-der-ful!"
45. Oscars 2015: As per #1-Across and #70-Across... __ Feature Film
46. Inquire
49. 1971 Elton John album: '__ Across the Water'
51. Ski __
52. Red veggie
54. Three, in Italy
55. Exits-not
56. Country singer Mr. Jackson's
58. Mr. Agassi
61. Locale
63. Backslide
68. Rock producer Brian
69. Philosopher, __-tzu
70. Oscars 2015: As the co-director of "The Boxtrolls" (2014), Canadian cartoonist Graham __ is up for an Oscar in the category at #45-Across
71. __ Antonio
72. Barbie's boyfriend
73. Adieu!

Down

1. Fared
2. Mariner's dir.
3. Texter's pal
4. Liberace's nickname
5. Pontificate
6. Book's foreword [abbr.]
7. Baseball's Sammy
8. Oscars 2015: Best Actress nominee Ms. Cotillard
9. Can. neighbour
10. Look bewilderedly
11. Oscars 2015: Best Picture nominee, "American __" (2014)
12. Antiseptic
13. Adjust ahead of time
19. HRH part
21. Paste
23. Italian harp
24. Dig
25. Finds in mines
26. Record label
28. Absorb the knowledge: 2 wds.
31. Tropical vacation headgear
32. Supplement
33. Crease
36. Some soil
38. Go with the flow
40. CSI evidence
41. Athena's walkway
42. Like a Conger
43. Tangy quaffs
45. "Farewell, Father!"
46. Puts down
47. Ms. Gomez
48. Oscars 2015: Best Actor nominee, Michael __
50. Oscars 2015: "How To Train Your __ 2" (2014)
53. Blasting letters
55. Repetition mark, in music
57. Fancy fabric
59. Downer
60. Gambling mecca
62. Dundee denial
64. "Totally awesome"
65. Sort of tide
66. Knavish
67. Envision

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9		7		1		6	2	
					9			3
1				2	6			8
						1	4	
4		2		8		3		7
	7	9						
6			8	5				9
5			2					
	3	8		6		2		4

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Yesterday's Sudoku

5	8	7	1	2	4	6	3	9
3	4	1	6	7	9	8	5	2
6	9	2	8	5	3	7	4	1
1	6	3	4	8	2	9	7	5
4	7	5	3	9	6	1	2	8
9	2	8	7	1	5	4	6	3
2	5	4	9	6	1	3	8	7
7	1	6	5	3	8	2	9	4
8	3	9	2	4	7	5	1	6

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